

Your Diabetes Care Records

Make copies of the charts in this section. These charts list important things you should discuss with your doctor at each visit.

Things to Discuss with Your Health Care Team at Each Visit

Date: _____

Whom you visited: _____

Your information	Things to remember	Check off what you covered, or write the result of your visit.
Your blood glucose levels	<ul style="list-style-type: none">• Share your blood glucose records. Your doctor will ask how you are checking your blood glucose levels to make sure you are doing it right.• Mention if you often have low or high blood glucose.	<ul style="list-style-type: none"><input type="checkbox"/> Shared blood glucose records?<input type="checkbox"/> Checked meter?<input type="checkbox"/> Practiced blood glucose reading?<input type="checkbox"/> Shared high or low blood glucose?
Your weight	<ul style="list-style-type: none">• Talk about how much you should weigh.• Talk about ways to reach your target weight that will work for you.	<ul style="list-style-type: none"><input type="checkbox"/> My weight now is _____.<input type="checkbox"/> My target weight is _____.<input type="checkbox"/> Steps to take:

Your information	Things to remember	Check off what you covered, or write the result of your visit.
Your blood pressure	<ul style="list-style-type: none"> • Ask about ways to reach your target. • The target for most people with diabetes is below 140/80 unless your doctor helps you set a different target. 	<input type="checkbox"/> My blood pressure now is _____. <input type="checkbox"/> My target blood pressure is _____. <input type="checkbox"/> Steps to take:
Your medicines	<ul style="list-style-type: none"> • Talk about any problems you have had with your medicines. • Ask if you should take a low-dose aspirin every day to lower your chance of getting heart disease. 	<input type="checkbox"/> Shared medicine problems? <input type="checkbox"/> Take aspirin? Yes ____ No ____ <input type="checkbox"/> Steps to take:
Your feet	<ul style="list-style-type: none"> • Ask to have your feet checked for problems. • Talk about any problems you are having with your feet, such as numbness, tingling, or sores that heal slowly. 	<input type="checkbox"/> Checked feet? <input type="checkbox"/> Shared problems? <input type="checkbox"/> Steps to help with my feet:
Your physical activity plan	<ul style="list-style-type: none"> • Talk about how often you are physically active, the type of physical activity you do, and any problems you have when being physically active. 	<input type="checkbox"/> Shared activities? <input type="checkbox"/> Steps to take:

Your information	Things to remember	Check off what you covered, or write the result of your visit.
Your healthy eating plan	<ul style="list-style-type: none"> • Talk about what you eat, how much you eat, and when you eat. 	<input type="checkbox"/> Shared eating habits? <input type="checkbox"/> Steps to take:
Your feelings	<ul style="list-style-type: none"> • If you feel stressed, ask about ways to cope. • Talk about whether you are feeling sad. 	<input type="checkbox"/> Shared stress and problems? <input type="checkbox"/> Steps to take:
Your smoking	<ul style="list-style-type: none"> • If you smoke, ask for help with quitting. 	<input type="checkbox"/> Shared smoking habits? <input type="checkbox"/> Steps to take: